

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:**

I claim:

Claim 1 (currently amended). A method for ~~preventing~~-treating or ameliorating inflammation in an individual in need thereof which is comprised of administering orally an effective amount of (-)-hydroxycitric acid.

Claim 2 (original). The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the free acid or its lactone.

Claim 3 (original). The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the alkali metal salts potassium or sodium (-)-hydroxycitrate.

Claim 4 (original). The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (-)-hydroxycitrate.

Claim 5 (original). The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (-)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (-)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (-)-hydroxycitrate acid.

Claim 6 (original). The method of claim 1 where the (-)-hydroxycitric acid is supplied in a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.